



**STAYING
HEALTHY
IN THE
SEX TRADE
2016**

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PREFACE

Every sex worker has their very personal reasons for doing this job. Just like with any other type of work, the job is first and foremost about making money to earn a living. Although there is no official training programme for sex work, in this profession, as in others, you can only become a real professional by educating yourself and trying things out. The best places to learn about sex work are the kitchens and lounges of brothels as well as the places where streetwalkers meet to wait for their clients. Here you can talk with others about your experiences and pick up tips by listening and asking questions. Experienced colleagues can explain and show you what is important for professional sex work.

It is important that you can manage your everyday work routine and stay healthy. This booklet is designed to help you do so. It tells you what you need to consider and decide for yourself, what equipment you need, what you can do for your health in general and how you protect yourself against HIV and other sexually transmitted infections*. It additionally gives you tips on how to protect yourself against violence, how to defend yourself if you are attacked and what you should do if you have experienced violence. At the end of the booklet, you learn the most important legal aspects of sex work and where you can get counselling, support and information.

* Sexually transmitted infections are often abbreviated as STIs. We also use this acronym in this booklet.

WHAT DO I HAVE TO DECIDE FOR MYSELF?

Every day countless clients make use of sexual services. But since sex work is still not socially accepted as a “normal” profession, many women keep their job secret and live a double life, which can be very tiring and emotionally stressful in the long run. However, being honest may also come at a price and can lead to problems with your family, partner or friends. In any case, you should consider carefully who you want to confide in and when the best opportunity would be. Again, it may be useful to discuss this with colleagues.

Sex in prostitution is something completely different from what it is in a relationship: Here, sex is a service that is provided in exchange for money, where the clients’ needs have to be satisfied. Clients’ wishes and desires may vary greatly, so “just spreading your legs” is often not enough. Depending on where you work, massage, role-play, communication skills or a great deal of imagination are required.

The number of clients and the time you spend with them also varies. It is essential that you decide for yourself what you are prepared to do and what you will not do. For example, many sex workers refuse French kissing on the job because they consider it something intimate to be kept for a private relationship. Others do not drink any alcohol at work as a rule. Likewise, it is up to you to decide to only offer certain sex practices – this also applies to the basic services of sex work:



FRENCH FOREPLAY:

Licking/sucking the penis (“blowjob”) or vulva

TOTAL FRENCH: Blowing to the point of ejaculation in the mouth

HANDJOB: Massaging the penis to the point of ejaculation

SPANISH: Rubbing the penis between the breasts to the point of ejaculation

VAGINAL SEX

GREEK (ANAL SEX)

GOLDEN SHOWER: urinating into the mouth/onto the body



Make yourself aware of your own boundaries from time to time, as they may change with time and experience. Under no circumstances should you let yourself be talked into something that could harm you such as vaginal or anal sex without a condom: Make it clear to the client that you are not available “without”.

WHAT EQUIPMENT DO I NEED?

You need the right equipment for professional sex work. Please find an overview of the most important equipment below:

CONDOMS not only prevent pregnancy but also provide protection against HIV and other sexually transmitted infections.* Only use brand-name condoms with DIN EN ISO 4074:2002 printed on the packaging and be aware of the use-by date. Store condoms away from heat and sunlight, keep them away from sharp objects and avoid crushing them.

* The Femidom® gives you the same degree of protection as a conventional condom. It is a “condom for women”, consisting of a polyurethane tube with a ring at each end. The smaller ring is inserted into the vagina and positioned in front of the cervix, and the bigger one sits outside the body. However, the Femidom® is not very useful in sex work, as you have to hold the outer ring to ensure that it is not pressed into the vagina, so that you do not have both hands free, for example, for caressing or supporting the client. Also, the Femidom® is more expensive than condoms, and harder to find on sale.



**DO NOT RELY ON THE CLIENT
TO PUT THE CONDOM ON,
DO IT YOURSELF:**

1
Open the packaging with your fingers (not with scissors or your teeth!) so that the condom does not become damaged. Be careful with brittle fingernails!

2
Pinch the tip of the condom together with two fingers (to leave room for the semen), put it on the glans with the rubber ring on the outside and roll it to the base of the erect penis.

3
Apply oil-free lubricant (see below) onto the condom – not into the condom, as it may otherwise slip off or tear! – and into the vaginal/ anus to ensure that the condom slides better and does not tear.

4
Use your hand to check occasionally that the condom is still in place.

5
Immediately after ejaculation, pull out the penis along with the condom: The penis should still be hard so that the condom does not slip off.

6

If the client wants to have vaginal sex after anal sex, you need to take another condom; otherwise, you run the risk of a vaginal infection.

Every condom should only be used once.

7

ALWAYS PUT THE CONDOM ON BEFORE PENETRATION; THIS IS ESSENTIAL TO GET THE MOST EFFECTIVE PROTECTION AGAINST SEXUALLY TRANSMITTED INFECTIONS.



LUBRICANTS are used so that things are going more smoothly, for example during a handjob, but most notably, during vaginal and anal sex: Lubes add moisture to the condom, the vagina and the anus, preventing the condom from tearing. Always use oil-free (water- or silicone-based) lubricants. Oil-based products, such as vaseline, cream or baby oil, affect condoms and make them break easily.

DENTAL DAMS are latex sheets that are placed over the vulva or anus before oral sex to prevent pathogens from entering the mouth. Alternatively, you can use cling film to obtain the same level of protection.

LATEX GLOVES AND FINGER COTS protect your hands or fingers from coming into contact with blood, semen, vaginal fluids or faeces. They are worn, for example, for manual penetration of the anus or vagina, also known as “fingering” or “fisting”. When changing from anal to vaginal contact, use new finger cots/latex gloves to avoid vaginal infections.

SPONGES absorb menstrual blood like tampons, but they are positioned deeper, right in front of the cervix, making it possible for you to have vaginal sex without the client noticing that you are having your period (though it is better not to offer vaginal sex during your period, see page 14). The sponge may remain in the vagina for up to eight hours, but it needs to be replaced more often if you have a heavy flow. Every sponge should only be used once – they should not be rinsed and reinserted!

DILDOS AND OTHER SEX TOYS are available in a great variety of designs. Artificial penises used for anal sex should have a broad base to prevent them from “disappearing” in the rectum. Be careful with wooden or plastic products, as rough welded joints, cracks or splinters may cause injuries! Silicone is a better material to use. The same rule applies to all sex toys: Thoroughly clean with water and soap after every use or cover with a condom to avoid infections.

You can get all the equipment you need for sex work from dealers who offer their products in brothels or on the street. Condoms, lubricants and dental dams are also available from chemist's shops, drugstores, sex shops, sex article suppliers or are sold by Deutsche AIDS-Hilfe (German AIDS Service Organisation). If you are short on money, you can ask the street workers or social workers where you can get condoms and lubricants free of charge or for a small fee.

GENERAL HEALTH TIPS

AS A SEX WORKER, YOUR BODY IS YOUR CAPITAL.

A balanced diet, regular exercise (ideally outdoors) and enough sleep are important to stay healthy and fit. You should also make sure to find time to relax – having fixed working hours and regular days off can help.

PERSONAL HYGIENE. Taking a shower once in the morning is all you need. Exaggerated cleanliness – such as showering with soap or shower gel after every client – can damage the skin's natural protective barrier: The skin then dries out, becomes more sensitive and thus more susceptible to pathogens. Cold or lukewarm water is best for washing your intimate area. Vaginal douches and disinfectant lotions or sprays upset the vaginal flora's natural balance and make it more susceptible to infections. You can support this balance by inserting lactic acid suppositories (available over the counter at pharmacies) or also yogurt with lactic acid bacteria into the vagina.

BE CAREFUL DURING YOUR MENSTRUAL CYCLE!

Your vagina is particularly sensitive during that time, so pathogens such as viruses, bacteria or fungi can enter your body during sex more easily than usual. You had best not work at all during that time or limit yourself to practices such as handjobs or oral sex. If you still want to offer vaginal sex despite this fact, you can insert a sponge (see page 12) so that your client will not notice you are having your period.



THE FEWER DRUGS THE BETTER! Alcohol and other drugs may not only be harmful to your health in general, they can also impair your ability to think clearly and keep control of a situation. When you are under the influence of a drug, you are less likely to sense any potential danger, and will hardly be able to defend yourself in emergency situations. At workplaces such as bars, however, consuming alcohol is part of the job. But even there it is possible to avoid excessive drinking. Nicotine and caffeine can also be harmful, especially in large amounts. So try to smoke as little as possible and not to drink coffee “by the gallon”.



A condom in its packaging is shown in the background. The packaging is white with red and black text. A large black speech bubble with white text is overlaid on the top right of the image. The text in the speech bubble reads: "SAFER SEX - PROTECTION AGAINST SEXUALLY TRANSMITTED INFECTIONS (STIs)".

SAFER SEX - PROTECTION AGAINST SEXUALLY TRANSMITTED INFECTIONS (STIs)

As a professional sex worker, it is essential to protect yourself. Unprotected sex can leave you with all kinds of problems – besides HIV and hepatitis there are other sexually transmitted infections (STIs) that can also have serious consequences. STIs such as syphilis, gonorrhoea or herpes additionally increase the risk of HIV transmission: They cause inflammations, ulcers or lesions that can function as a gateway for HIV. Practising **safer sex** – above all, the use of condoms – reduces the risk of infection but does not eliminate it completely, because some of these diseases are so infectious that they can also be transmitted through kissing or hand contact, for example. That is why it is important to have yourself checked on a regular basis so that they can be recognised and medically treated as early as possible.

Above all, practising safer sex in sex work means: Always use a condom for vaginal, anal or oral intercourse. Do not allow blood (including menstrual blood) or semen to come into contact with your mouth, eyes and other body openings or open skin wounds (such as herpes lesions). See below for more information on the most important sexual practices:

During **VAGINAL AND ANAL INTERCOURSE**, HIV can enter the body through semen or vaginal secretion as well as through the fluid film on the mucous membrane of the vagina, penis and anus (rectum). This is why unprotected vaginal and anal intercourse is risky for both sexual partners even when not ejaculating inside the woman's body. There is an increased risk of infection if a mucous membrane is inflamed or injured, for example, as a result of other STIs such as syphilis, gonorrhoea or herpes: Additional immune cells will then migrate into the mucous membrane, where they can directly absorb or release HIV. The inflamed or injured mucous membrane is also more easily penetrated by viruses (as well as other pathogens). Unprotected vaginal intercourse during menstruation can increase the risk of infection for the man. In any event, condoms protect against HIV and reduce the risk of becoming infected with hepatitis and other STIs.

LICKING OR SUCKING THE PENIS ("blowjob") carries the risk of infection with hepatitis and other STIs. However, infection with HIV is unlikely as long as your client does not ejaculate in your mouth. Using condoms for blowjobs is a standard practice in sex work.

LICKING THE OUTER FEMALE GENITALS does not involve any HIV risk as long as no (menstrual) blood gets in your mouth. However, you can easily become infected with other STIs. This is why professionals generally use a "dental dam" (see page 11) when licking female clients or being licked by male/female clients.

During **S/M PRACTISES** (sodomasochism), do not allow any blood, semen or excretions (faeces and urine) to come into contact with mucous membranes or open wounds to avoid infection with STIs – including HIV. Make sure objects that may cause bleeding injuries (like whips or restraints) are used on only one person at a time, and thoroughly clean them with water and soap before using them on someone else.

PRACTISES INVOLVING URINE AND FAECES

are not dangerous in terms of HIV, but you can easily become infected with hepatitis or intestinal parasites if urine or faeces come into contact with open wounds or mucous membranes. Thoroughly wash your hands after any practices involving faeces before touching your mouth; do not swallow urine. Those who offer practices involving urine and faeces should be vaccinated against hepatitis A and B.

DILDOS AND OTHER TOYS are safe as long as they are used on only one person. If multiple persons are involved: Thoroughly clean dildos and sex toys with water and soap or put a new condom on them before handing them to anyone else – otherwise pathogens would be transferred from one body opening to another. Thoroughly wash your hands after touching used toys/condoms: Otherwise, pathogens may get into your mouth from your fingers.

KISSING – even deep French kissing – cannot transmit HIV, but it can easily transmit other STIs such as herpes, gonorrhoea or hepatitis B.



WHAT TO DO IF THERE IS AN “ACCIDENT AT WORK”?

If you find yourself in a situation where a condom broke or you simply forgot to put one on, it is important to stay calm and do the right thing: Go to the toilet and try to push as much semen as possible out of your vagina/rectum. On no account use a vaginal or rectal douche: This may cause an injury which could increase the risk of infection with HIV or other pathogens. Additionally, a vaginal douche would flush the semen further up, increasing the risk of an unwanted pregnancy. If you get semen in your eyes, rinse them with water as soon as possible. If semen gets in your mouth, spit it out quickly and rinse your mouth without applying any pressure – do not brush your teeth, because that could rub any viruses that may be present into your gums.

If you have been exposed to an increased risk of infection (for example, vaginal or anal intercourse with someone who is HIV-positive and has not yet started HIV therapy), it may be useful to undergo a four-week treatment with HIV drugs. This needs to be discussed with an experienced doctor. Ideally, post-exposure prophylaxis (PEP) for HIV should be begun within 2 hours and, if possible, within 24 hours of risk contact. It is best to find out in advance where you can get HIV PEP treatment, in case you ever need it. Your local Aidshilfe (AIDS service organisation) will be able to help you (see page 37 for addresses).

After an “accident at work”, you can take the “morning-after pill” to prevent a pregnancy. You should take it as soon as possible, preferably within 12 hours, and no later than 72 hours (= 3 days) after you had unprotected sex. As a general rule, a pregnancy can be reliably prevented by using a condom in addition to another contraceptive (such as a diaphragm or the Pill).

EARLY STI DIAGNOSIS AND TREATMENT

There are many other STIs besides HIV that can seriously affect your health. That is why you should have regular medical check-ups (for example, every three months). You should also be aware of changes in your body, such as unusual vaginal discharge, an itching or burning feeling in the genital area, blood or mucous in the faeces, discoloured urine/faeces, a persistent feeling of pressure in the stomach, stomach aches or loss of appetite, persistent tiredness or fatigue, fever of unknown origin, skin rashes and redness, ulcers and warts.

If you notice any of these symptoms, go to a doctor as soon as you can: STIs that are treated too late or not at all can have serious consequences, such as chronic pelvic inflammations, infertility or cervical cancer. A diagnosis is made by performing a smear test and/or a blood or urine test. Almost all STIs can be easily treated if they are detected early enough.

You can get STI advice and anonymous testing (without having to give your name) at most offices of the **GESUNDHEITSAMT** (public health department). If you do not have health insurance, you can also receive treatment free of charge there. If you go to a doctor's office, you need to have health insurance or you will have to pay for the medical services yourself, and your data will be recorded in a patient file.

- Sex work involves a particularly high risk of becoming infected with hepatitis. That is why you should get vaccinated against hepatitis A and B (unfortunately, there is no vaccination against hepatitis C available yet). Vaccination usually provides protection for 10 years. The *Gesundheitsamt* or a doctor can give you advice on this. If you have health insurance, your insurance carrier will cover the cost of the vaccination; otherwise you would have to pay for it yourself. The STI counselling centres of the *Gesundheitsamt* usually charge less for vaccinations than doctor's offices.



- Get a cancer screening once a year. In this check-up, a cotton swab is used to take a sample from the cervix and the cervical canal, and the breast is also examined.
- If you become pregnant, you should have yourself checked for STIs on a regular basis – about every six weeks: Most STIs can be transmitted from the infected mother to the child during pregnancy and childbirth, affecting the child's health. They can also cause premature births or miscarriages. These risks can be considerably reduced through medical treatment.

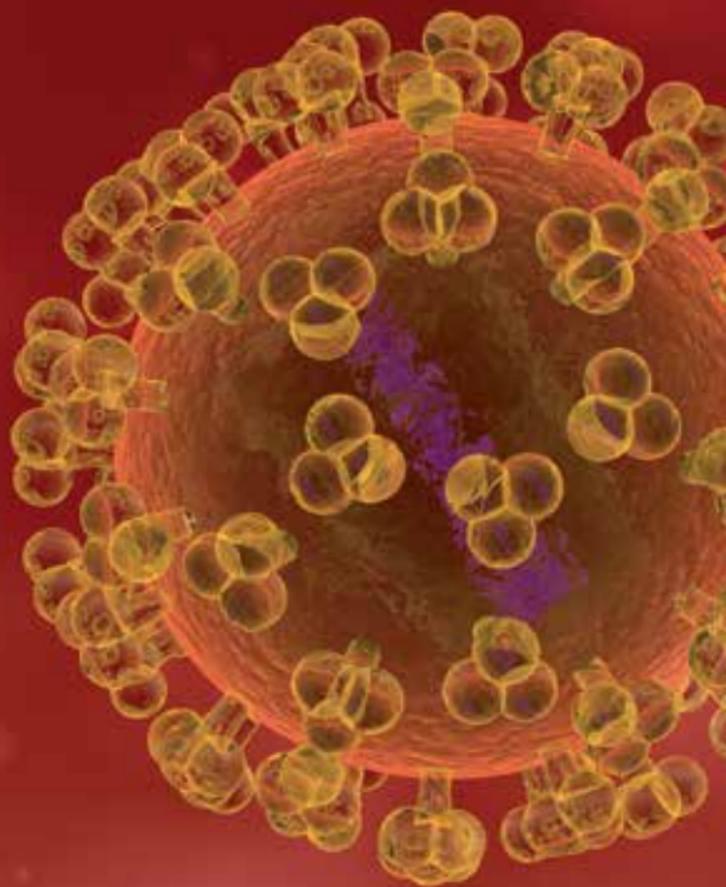
KEY FACTS ABOUT HIV AND AIDS

HIV is a virus that attacks the body's natural defences (immune system), in addition to many organs, and may induce AIDS. Having AIDS means that the immune system is weakened to the extent that it is hardly capable of fighting diseases, resulting in serious infections, allergies and cancer.

HIV is most commonly transmitted during vaginal and anal intercourse without a condom. Drug users who share injection equipment are also subject to a high risk of infection. Infected mothers can pass on the virus to their children during pregnancy, birth and breastfeeding.

There has so far been no vaccine against HIV and the virus cannot be eliminated from the body either, but it can usually be held in check for many years using medication. However, it is still a chronic disease, which is why infected people will most likely have to take pills for the rest of their lives.

Whether a person has contracted HIV can be determined by an HIV test. Before taking the test, you should get specialist counselling, for example, from an Aidshilfe (AIDS service organisation; see page 37 for addresses) or from the *Gesundheitsamt* (public health department). Public health departments usually offer the test free of charge or for a small fee (€ 10–15) and perform it anonymously. By contrast, medical practices and outpatient clinics perform the test by name and record it together with the result in the patient file – which may involve social and legal disadvantages (for example, if you want to take out private health insurance).



VIOLENCE – SEEKING SHELTER AND HELP

A golden rule of sex work is to always negotiate in advance with the client what you will do and what you will not. If you say no to something, that means no.

SEX WORKERS ARE NOT FAIR GAME. Just like everybody else, you have the right to physical inviolability. Being forced into sex by violence or threats is sexual coercion according to the German Penal Code (Section 177). Any and all kinds of physical and mental violence are offences against applicable law, which are prosecuted and punished by the authorities when reported.

In brothels and similar establishments, you are relatively safe from violence because you are not on your own. In addition, they often have extra safety precautions in place, such as bouncers, alarm bells and video surveillance. But wherever you work, it is important to be aware of how you can protect yourself from (sexual) violence and what you should do after experiencing violence. A few general tips:

BEHAVIOUR

- Be as self-confident as possible to be less vulnerable.
- Do not let anyone notice that you are afraid. Try to get out of the situation as quickly as possible.
- Make sure that you are as mentally alert as possible. When you are on drugs or going through withdrawal, you are not fully able to keep control of the situation.

1

OUTFIT

- Do not wear anything that someone could use to strangle you (such as necklaces or scarves) or that would hinder you from running away (long tight skirts, high-heeled shoes).
- Wear your jacket either completely open or completely closed; otherwise, it could be pulled over your shoulders to restrain your arms.

2

ON THE STREET

- Try to work in well-lit places so that you can see everything. Try to stay close to other people you know and trust. Go to them if you feel unsafe.
- Take a good look at the clients beforehand. Arrange in advance where you are going and what will be done there. If someone gives you the creeps, refuse to go with him.
- Memorise or write down the registration number and make before you get into a car. Inform your friends or colleagues where you are going.

3

IN CARS OR CLOSED ROOMS

- Memorise the location of exits and the front door. Look around to find any other escape routes.
- Stay on the front seat in two-door cars and check to see whether the car can be opened from the inside. It is best to leave the car door ajar while working.
- It is better to leave your clothes on so that nothing gets lost in case you have to run away. Make sure to always have your bag within reach.



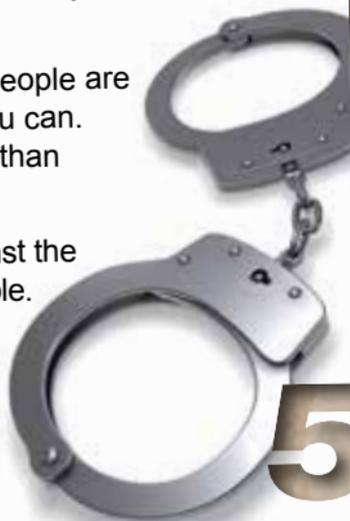
- Do not put the money you get from the client where you keep your other money. If the worst comes to the worst, you will have a better chance of not losing all your money.
- Always keep your eyes on the client – especially his hands. Avoid unfavourable positions such as between the client's knees or beneath him. When you are on top, you have a better view of his face and hands.

4

BE ALERT: IF YOUR INSTINCT TELLS YOU THAT THERE IS A RISK, YOU ARE BEST ADVISED NOT TO TAKE ON THAT PARTICULAR CLIENT!

IN CASE OF (IMMINENT) VIOLENCE

- You can best defend yourself with hairspray, insect spray or lemon extract in a spray bottle. Tear gas or weapons (like knives) could be dangerous for you if they are turned against you.
- Keep wadded newspaper in your bag: You can light it and throw it on the backseat when things get dangerous. This will help you gain time to run away because the client will first want to save his car.
- If the client gets rough, then it is best to punch, kick or bite him in his weak areas, if possible: neck, nose, eyes, chin or testicles. You can also poke him in the eyes with your extended fingers.
- If someone threatens you and other people are close by, scream “Fire!” as loud as you can. People usually respond more quickly than when they hear “Help!”.
- Run away as quickly as you can against the traffic in the direction of lights and people.
- Call the police – the telephone number is 110.



NOTIFY YOUR COLLEAGUES IF YOU SEE SOMEONE WHO IS KNOWN TO BE A VIOLENT CRIMINAL!

WHAT SHOULD YOU DO AFTER YOU EXPERIENCE VIOLENCE?

If you have experienced violence, call the police (telephone number 110). You can make a report either right away or later. Write down everything as precisely as possible: When and where did it happen (date, time, place), what happened to you, how many persons were involved and what are the distinguishing features of the offender(s). Such notes serve as evidence in the case that you file a charge.

If you have concerns about filing a charge (for example, because you are an illegal immigrant in Germany), you can first get advice from a prostitute project or a counselling centre for immigrants (see page 37 for addresses). These organisations can also help women who have been forced into prostitution, such as victims of human trafficking. If you know someone to whom this happened, you can also call these centres anonymously (without stating your name and address) and inform the staff members. They can then get in touch with these women to decide together on the further procedure.

See a doctor or go to the hospital as quickly as possible in order to have yourself and your clothing examined for the offender's traces, such as semen or blood. Such traces serve as evidence, even if you file a charge at a later point. In case of sexual violence such as rape, you may also run the risk of infections. In this case, it may be useful to start an HIV PEP (see page 19) – this is another reason why you should act quickly.

BE AWARE THAT YOU ARE NOT AT FAULT. Do not stay alone – ask for support. If you cannot reach anyone you trust, go to one of the projects that help women in your situation. The staff members there will give you emotional support and expert advice.

SEX WORK AND THE LAW

You should also be informed about the legal aspects of sex work – this makes you stronger as a professional and facilitates your work. See below for some key information:

SEX WORK IS LEGAL IN GERMANY. The Prostitution Act enacted in 2002 has additionally created the basis for improving the legal situation of sex workers. Nowadays, sex workers have a legal entitlement to the pay they have arranged with the client: They can no longer be denied it on grounds of “unconscionability” of prostitution, as it used to be the case. They can also enter into an employment contract with brothel owners and thus have access to the social security system (health, long-term care, unemployment and pension insurance) – however, this legal possibility has so far hardly been made use of. Furthermore, brothels can now provide for good working conditions without incurring criminal liability straightaway: Formerly, this was considered “promotion of prostitution” or “pimping” and was prohibited. However, special regulations for sex work, such as restricted area regulations (see page 35) still continue to apply. Sex work is thus still far from being on an equal legal footing with other professions.

Federal laws such as the Prostitution Act or the tax laws apply in all *Federal States* equally. In addition, individual *Federal States* or even *cities* and *municipalities* have their own legal regulations. And, unfortunately, it may occur that authorities act without any legal basis, so you always need to consider the local circumstances as well.

SELF-EMPLOYED SEX WORK. Like most sex workers, you will also be working on a self-employed basis, whether on the street, in an Eros centre, in a flat or in a bar. In this case, you do not have an employment contract and are solely responsible for “your business”: You decide whether and when you work, what services you offer on what terms and whether or not you accept a client. And, just like other self-employed persons, you are also solely responsible for all matters relating to earnings and profit. (If you work in a brothel, you will naturally have to observe the “house rules” and, for example, accept the agreed prices.)

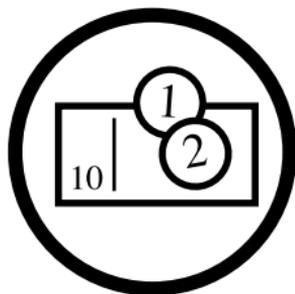
IMPORTANT FOR IMMIGRANTS: As a citizen of a member state of the European Union (EU), you have the same rights and duties as German sex workers. If you come from a non-EU country and have no work permit (for example, because you entered the country as a tourist), you may also not work in Germany as a sex worker.

TAX REGISTRATION. As a self-employed sex worker, you have to register your business with the *Finanzamt* (revenue office). For this purpose, you (or your tax advisor) need to complete the “Questionnaire for tax registration for starting a commercial, self-employed (freelance) or agricultural/forestry activity”. You are then given a tax reference number and have to file a tax return once a year based on all your income and your business expenses (for example, rent, condoms, dildos, advertising costs, mobile phone), which you have to verify by presenting receipts or invoices. As a general rule, you are liable to pay turnover, income and business tax. The revenue office can also estimate the tax liability and demand it in arrears for the last 10 years.

FLAT-RATE TAX. In some cities, the revenue offices (in co-operation with brothel owners) offer the possibility to pay a flat-rate tax according to the “*Düsseldorf Model*”, which is between € 5.00 and € 30.00 per day, depending on the city. This amount has to be paid to the brothel owner on a daily basis (you should always ask for a receipt!), who forwards it to the revenue office. The flat-rate tax is a “pre-tax”, that means you will nevertheless have to file a tax return. You will either get back a portion of the flat-rate tax or have to pay extra.

ENTERTAINMENT TAX. This levy, sometimes also referred to as “sex tax”, exists in several cities and municipalities. It is demanded either from the sex worker – for each day on which she offers sexual services – or from the brothel owner.

GOVERNMENTAL AID. If you receive *Arbeitslosengeld I* or *II* (unemployment benefits), you have to disclose your income from sex work to the employment agency or job centre. Your income will then be subtracted from the benefits you receive.



die Art

aus K

Ich beantrage die Günstigerprüfung
Zusammenveranlagung: Die Anlage KA

Ich beantrage eine Überprüfung des Steu

Erklärung zur Kirchensteuerpflicht
Ich bin kirchensteuerpflichtig und habe Kapitaler
aber keine Kirchensteuer einbehalten würd

Kapitalerträge, die dem inlä

7 Kapitalen

8 In Zeile 7 ein
i. S. d. § 20 Abs. 1 Nr. 1

9 In Zeile 8 enthalt
rungen i. S. d. § 20 Abs. 1 Nr. 1

In Zeile 7 enthaltene
i. S. d. § 20 Abs. 1 Nr. 1

ermessungsgrund
13 und 14 EStG

chene Verluste
von Aktien

verluste au
s. 2 Satz

paus
ante

1 Einkommensteuer

2 Erklärung zur Fest
Kirchensteuer auf

3 Steuernummer

4 Identifikationsnummer
(IdNr.)

5 An das Finanzamt

6 Bei Wohnsitzwechsel: bisheriges

7 **Allgemeine Angaben**
Steuerpflichtige Person

Name



HEALTH INSURANCE. Since January 2009, all persons domiciled in Germany must have health insurance. As a self-employed, you can choose between

- **voluntary insurance** at a statutory health insurance fund (for example, AOK), where the amount of contribution depends on your income (for this purpose, you need to present your last income tax assessment) and your relatives, such as children, are automatically co-insured.
- **private insurance**, where the amount of contribution depends on what optional services you want to have (for example, single room at the hospital). You will initially have to pay for the service and then request their reimbursement from the insurance fund.

BE CAREFUL with low-priced deals and bargain offers by private health insurance funds: They make big promises, especially to uninsured immigrants, but fail to live up to them!

CONTRACTS. As part of your job, you will enter into various contracts, either for using a room in a brothel or a rented flat where you work, for advertising in newspapers or online portals or for mobile phone and Internet use. Before you enter into a contract, you should compare the prices and the price-performance ratio and thoroughly check every contract. In addition, you should collect the invoices, as the expenses are tax-deductible.

PERSONAL WEBSITE. Your own website opens up even more possibilities to advertise your services and present yourself in line with your self-image and your clients' wishes. You have to observe the youth protection regulations when posting photos and texts. The legal notice has to clearly state your personal details and your tax reference number.

RESTRICTED AREA REGULATIONS. Most cities have adopted restricted area regulations, the observance of which is monitored by the *Ordnungsamt* (public order office), the *Gewerbeamt* (trade supervisory office) or the police. These regulations define the districts (streets, squares) where sex work is prohibited either entirely or at certain times. Anyone who fails to observe these regulations can be punished with a fine.

CLOSURE OF BROTHELS OR SEX CLUBS. Brothels without an official licence can be easily closed (for example, by building authorities), even if they have existed for a long time and offer good working conditions in your opinion. Such establishments may be closed on account of building, trade or criminal laws, but their closure is often also associated with a change in stance on sex work on part of authorities or complaints on part of residents. Anyway: If your "favourite sex club" or a great rented flat where you work is closed down, you are the one who suffers for it – but it has nothing to do with you.

POLICE. In order to build trust between the police and the prostitution industry, brothels are usually visited by two or three police officers on a regular basis. You can talk to them and ask them what you need to know. In order to help avert danger and if a crime is suspected, the police are also permitted to carry out checks. If requested, you must show them your ID card or – if you are an immigrant – your passport.

POLICE CHECKS. Sometimes the police carry out a check or raid together with the foreigners' registration office, the chief customs office, the revenue office or other authorities. In such cases, you have the right to ask the officers for their ID card and the reason for the raid. You only need to answer questions about your last name, first name, date of birth and address (i.e. information that is recorded in your ID card or passport). You can refuse to answer all other questions – such as those about your income or your friends.

DATA PRIVACY. If you have been in a police check, your personal data will automatically be stored in what is called a register of prostitutes and procurers, even if there is no legal basis. If you stop working in the sex trade, you can request the deletion of this data by simply sending a letter. Then you can have the competent data protection officer check that the data has actually been deleted.

INFORMATION AND EDUCATION. You can obtain further information about the most important statutory provisions relating to sex work from the brochure "*Gute Geschäfte. Rechtliches ABC der Prostitution*" (issued by Bundesverband Sexuelle Dienstleistungen e.V.; in German only), which is available for download as a PDF file at **www.highlights-berlin.de** → **Shop**. You can also attend a profiS workshop and acquire knowledge on the subject of "sex work and the law" directly where you work. Please find more information about profiS at **www.move-ev.org**.

INFORMATION COUNSELLING SUPPORT

DROP-IN AND COUNSELLING CENTRES ESPECIALLY FOR SEX WORKERS

BAN YING Anklamer Str. 38 | 10115 Berlin | Fon: 030 / 440 63-73/74
Fax: 030 / 440 63 75 | riedemann@ban-ying.de | www.ban-ying.de

FRAUENTREFF OLGA Kurfürstenstr. 40 | 10785 Berlin | Fon: 030 / 262 89 59
Fax: 030 / 257 99 156 | olga@notdienstberlin.de | www.drogennotdienst.org

HIGHLIGHTS Wilhelmine-Gemberg-Weg 12 | 10179 Berlin | Mobil: 0174 / 919 92 46
Fon: 030 / 92 03 66 16 | info@highlights-berlin.de
www.highlights-berlin.de

HYDRA Köpenicker Str. 187–188 | 10997 Berlin | Fon: 030 / 6 11 00 23
Fax: 030 / 6 11 00 21 | kontakt@hydra-ev.org | www.hydra-berlin.de

KOBER Nordstr. 50 | 44145 Dortmund | Fon: 0231 / 861 03 20
Fax: 0231 / 86 10 32 15 | kober@skf-dortmund.de | www.kober-do.de

MADONNA E.V. Alleestr. 50 | 44793 Bochum | Fon: 0234 / 68 57 50
Fax: 0234 / 68 57 51 | info@madonna-ev.de | www.madonna-ev.de

NITRIBITT E.V. Stader Str. 1 | 28205 Bremen | Fon: 0421 / 44 86 62
Fax: 0421 / 4 98 60 31 | nitribitt_ev@web.de | www.nitribitt-bremen.de

DORTMUNDER MITTERNACHTSMISSION Dudenstr. 2–4 | 44137 Dortmund
Fon: 0231 / 14 44 91 | Fax: 0231 / 14 58 87 | mitternachtsmission@gmx.de
www.mitternachtsmission.de

NACHTFALTER Niederstr. 12–16 | 45141 Essen | Fon: 0201 / 3 64 55 47
nachtfalter@caritas-e.de | <http://nachtfalter.caritas-e.de> | www.nachtfalter-essen.de

TAMARA – BERATUNG UND HILFE FÜR PROSTITUIERTE

Alfred-Brehm-Platz 17 | 60316 Frankfurt am Main | Fon: 069 / 94 35 02 40
Fax: 069 / 94 35 02 45 | tamara@tamara-beratung.de | www.zefra.de

SPERRGEBIET Lindenstr. 13 | 20099 Hamburg | Fon: 040 / 24 66 24
info@sperrgebiet-hamburg.de | www.sperrgebiet-hamburg.de

KAFFEEKLAPPE Seilerstr. 34 | 20359 Hamburg | Fon: 040 / 31 64 95
kaffeeklappen@diakonie-hamburg.de | www.kaffeeklappen-hamburg.de

RAGAZZA E.V. Brennerstr. 19 | 20099 Hamburg | Fon: 040 / 24 46 31
Fax: 040 / 28 05 50 33 | ragazza@w4w.net | www.ragazza-hamburg.de

AMNESTY FOR WOMEN E.V. Große Bergstr. 231 | 22767 Hamburg
Fon: 040 / 38 47 53 | Fax: 040 / 38 57 58 | info@amnestyforwomen.de
www.amnestyforwomen.de

PHOENIX E.V. Postfach 47 62 | 30047 Hannover | Fon: 0511 / 89 82 88-01
Fax: 0511 / 89 82 88-19 | kontakt@phoenix-beratung.de | www.phoenix-beratung.de

BERATUNGSSTELLE MIMIKRY Dreimühlenstr. 1 | 80469 München
Fon: 089 / 7 25 90 83 | Fax: 089 / 74 79 39 43 | mimikry@hilfswerk-muenchen.de
www.mimikry.org

KASSANDRA E.V. Endterstr. 6 | 90459 Nürnberg | Fon: 0911 / 3 76 52 77
Fax: 0911 / 3 76 52 79-9 | kassandra@kassandra-nbg.de | www.kassandra-nbg.de

KARO E.V. Am Unteren Bahnhof 12 | 08527 Plauen | Fon: 03741 / 27 68 51
Fax: 03741 / 27 68 53 | office@karo-ev.de | www.karo-ev.de

ALDONA E.V. BERATUNGSSTELLE FÜR MIGRANTINNEN

Postfach 101413 | 66014 Saarbrücken | Fon: 0681 / 37 36 31 oder 0173 / 3 06 58
aldona-ev@t-online.de



INFORMATION AND ADVICE ON HIV/AIDS, HEPATITIS AND OTHER STIs ARE OFFERED BY THE FOLLOWING ORGANISATIONS:

- **LOCAL AIDSHILFE OFFICES**

(AIDS service organisations). You can get the addresses from Deutsche AIDS-Hilfe e.V. (Wilhelmstr. 138, 10963 Berlin, Tel.: 030 / 69 00 87-0, Fax: 030 / 69 00 87-42, Email: dah@aidshilfe.de, Internet: www.aidshilfe.de). The Aidshilfe organisations also provide counselling by phone on 0180-33-19411 (max. 9 cents/min. from the German fixed-line network, max. 42 cents/min. from German mobile telephone networks) and online at www.aidshilfe-beratung.de.

- **LOCAL GESUNDHEITSAMT OFFICES**

(public health departments)

- **BUNDESZENTRALE FÜR GESUNDHEITLICHE AUFKLÄRUNG (BZgA)**

(Federal Centre for Health Education). Here you can get counselling by phone at 01805 555 444 (14 cents/min. from German landline networks, from German mobile phone networks max. 42 cents/min.) and online at www.aidsberatung.de.

Advice on pregnancy, contraception and sexually transmitted infections is offered by

- **WOMEN'S HEALTH CENTRES**

(addresses at www.frauengesundheitszentren.de)

- **PRO FAMILIA COUNSELLING CENTRES**

(addresses at www.profamilia.de).



PRESENTED BY:

